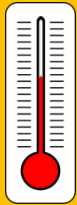




# WORKING WELLNESS

Good Health is Good Business



**AUGUST  
2016**

is...

# SAVE THE DATE !



**WHAT: HEALTH & WELLNESS FAIR 2016**

Children's Eye  
Health and Safety  
Month

National  
Immunization  
Awareness Month

National Eye  
Exam Month

- **FREE:** Personal health screenings for: Cholesterol(HDL & LDL), Triglycerides, Glucose Screening & Blood Pressure Check with immediate results!
- Experts on site to give tips on health related topics such as nutrition, diet & fitness.
- Vendors from our insurance providers and local businesses to answer all of your questions.
- Possibility to WIN Door Prizes!

Romance  
Awareness Month

**WHEN & WHERE:**

MARATHON GOVT. CENTER SEPT.27<sup>th</sup> from 9am-2pm

MURRAY NELSON GOVT. CENTER SEPT.28<sup>th</sup> from 9am-2pm

MARRIOTT BEACHSIDE KEY WEST SEPT.29<sup>th</sup> from 9am-3pm

**With**

**WHY: FOR A HEALTHIER YOU**



**REGISTER NOW:**

<https://pickatime.com/client?ven=11606590&event=262685>

World  
Breastfeeding  
Week

## 9 Surprisingly Good Reasons to Turn Off Your Smartphone

You probably already know that taking a break from technology is good for you. But take a look at just how good it can be..

Click the link below for the whole article:

<http://www.inc.com/minda-zetlin/9-surprisingly-good-reasons-to-turn-off-your-smartphone.html>

For more  
information on  
these observances  
or future  
observances, go  
to U.S.  
Department of  
Health and  
Human Services at  
<http://healthfinder.gov/NHO/nho.aspx>



## REMINDER: SAVE MONEY TODAY



Depending on where you decide to seek care, it could impact the member's out-of-pocket and plan spend. Know where to go, before you go.

### Know Before You Go

#### Primary Care Physician (PCP)

- Non critical conditions
- Knows your history best
- Has access to your medical records
- Can refer to specialists
- Health coaching assistance

##### Illness Types:

- Colds, sore throats, flu, eye, ear and minor illness or injuries
- Managing your chronic conditions such as diabetes, hypertension, eye and ear infection
- Health prevention-smoking cessation/weight management

#### Urgent Care Center

- When your PCP is not available
- Non-life threatening problem
- Extended hours available on a walk-in basis

##### Illness Types:

- Minor burns or bruises
- Minor fractures
- Rash or skin conditions
- Migraines
- Sprains/strains
- Fever or infections when your PCP is not available

#### Emergency Room

- Requires Immediate Care
- Severe or life threatening conditions
- Care that can result in significant harm without proper attention

##### Illness Types:

- Heart attack warning signs including chest pain
- Stroke symptoms
- Seizures and convulsions
- Severe bleeding or burns
- Trauma or injury to head/or body
- Major broken bones
- Maternity complications

Less Costly \$

More Costly \$\$\$\$

24 X 7 Nurse Advice: Toll free 877-789-2583  
Help in deciding appropriate care

Download the Florida Blue app to locate urgent care centers in your area.

#### Florida Blue Book of Business Statistics

\*Average allowance per visit for potentially divertible conditions:

\*Professional Provider/Primary MD = approximately \$80

\*Urgent Care Center = approximately \$108

\*ER Facility = approximately \$814

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## EMPLOYEE ASSISTANCE PROGRAM

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling (up to 8 sessions depending on each situation) within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation\*\*.

**\*\* For employees that missed the Communication EAP Workshop:** The Employee Assistance Program Workshop and Communication in the Workplace Training videos are now available via the Monroe County Intranet Portal and are located under the training video heading. The workshop featured a session designed especially for those in supervisory positions and a separate session designed for all employees. In addition, the power point presentations that go along with the workshops are also available to you by contacting the employee benefits office.

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says "employer support". Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.

**CHECK OUT QUANTUMS MONTHLY NEWSLETTER:** <http://www.accessqhs.com/#!/balanced-living/c13v6>



Available 24/7 @ 1-877-747-1200

Or

Check out their website

<http://www.accessqhs.com/>



## COMP CORNER



### **\$25,000** **Anti-Fraud Reward Program**

Rewards of up to \$25,000 may be paid to persons providing information to the Dept of Financial Services leading to the arrest and conviction of persons committing insurance fraud, including employers who illegally fail to obtain workers' compensation coverage. Persons may report suspected fraud to the Department at 1-800-378-0445.

A person is not subject to civil liability for furnishing such information, if such person acts without malice, fraud or bad faith.



If you need assistance with W/C please contact Liliana Cabrera @ (305) 292-4507.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

## A word from the Safety Officer

***Wanna be a Hero? The first step in saving a life is training. Having the appropriate training gives you the confidence and skills you need to respond quickly when someone is in distress. However, no matter how well you're trained, studies show that our skills and memories begin to fade after about 3 months of not using a learned skill.***

***So, please take less than 5 minutes now and watch these two short videos that will reinforce your training and confidence on How to Perform Hands-Only CPR and How to Use an AED (Automated External Defibrillator).***

**CPR:** [www.handsonlycpr.org](http://www.handsonlycpr.org)

**AED:** <http://www.heartrescuenow.com/>

**Over the past 2 weeks, the Safety Office has been installing AED's in several Monroe County facilities to include:**

**The Gato Building** – second floor lobby

**Key West Library** – just to the left of main entrance door

**Bayshore Manor** – hall outside dining room

**Marathon Government Center** – BOCC Room

**Harvey Government Center** – 2<sup>nd</sup> floor lobby across from elevator

**Coming Soon:**

Key Largo Library

Old Courthouse – Whitehead St.